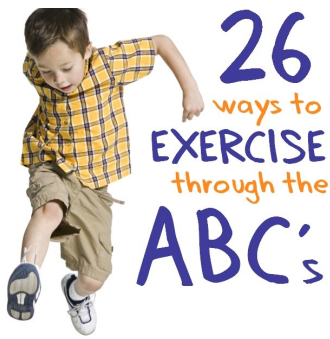


Healthy Schools Healthy Students



Pinterest Idea of the Month!



Exercises for each letter of the alphabet. To add variety have students create their own! [Click here.](#)

The New Year is a perfect opportunity to determine areas of improvement and a time to set goals. Resolutions do not have to only be for adults, but children as well. Here are sample kid-friendly goals:

1. Eat a Healthy Breakfast Everyday
2. Wash My Hands Before Eating
3. Limit Electronics
4. Go to Bed Earlier
5. Don't Talk Back as Much
(my daughter's - wish her luck!)

Wishing you a
Happy and
Healthy 2015!

Carrie



The Flu is Here: What Schools Can Do

- **Be Aware of Symptoms:** fever, headache, fatigue, cough, sore throat, and body aches. Make sure parents know the symptoms and the district policy on keeping students at home.
- **Hygiene:** promote covering coughs and sneezes with a tissue or elbow and avoid touching eyes, nose, or mouth.
- **Hand Washing:** ensure there is time to wash hands correctly and have hand sanitizers available, especially before eating.
- **Clean and Disinfect:** commonly used areas and frequently touched surfaces. Many bacteria and viruses can live on surfaces for some time, including those that cause flu.



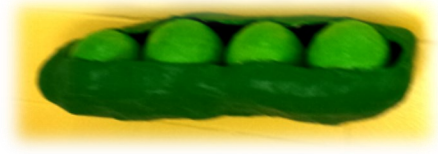
For more information visit the [Iowa Department of Public Health's webpage.](#)

Iowa Agriculture Literacy Foundation

The Iowa Agriculture Literacy Foundation serves as a centralized resource to help increase the knowledge and awareness of today's agriculture among students. Grants are available up to \$200 to support the integration of agriculture into through Social Studies and Literacy. Funds can be used towards innovative lessons, activities, classroom resources, guest speakers, outreach programs, fieldtrips and other projects. [Deadline to apply: This Friday!](#)

What's Cooking in Nevada, Iowa?

David Schmitz, Food Service Director, has been leading the way by working with students to develop creative menu options including whole grain pizza made from scratch daily. What's their favorite? Chicken Broccoli Pizza! In addition, guest chefs are invited to feature new menu items like Gnocchi or Fish Tacos with Mango Salsa. Each day there are six different varieties of stir-fry Asian dishes available. Middle school students have recently created large paper mache food items to brighten up the cafeteria. David said the most successful partnerships have been with the district's Future Farmers of America (FFA) Chapter and a local grower. For more information contact David at dschmitz@nevada.k12.ia.us



Empowered Parents for School Wellness Workshop Materials

Iowa Team Nutrition partnered with the Academy of Nutrition and Dietetics Foundation to develop workshops for parents to empower them with information about school meals and school wellness. They are designed to be co-led by a Registered Dietitian Nutritionist (RDN) and the Food Service Director.

The developed materials have been piloted in 15 Iowa schools and include a leader guide, handouts, and a myth and fact activity. Does your school have a parent meeting coming up? Looking for articles to feature in a parent newsletter? Let us know and we would be happy to assist in the preparation. [Click here.](#)

KIDS eat right.

USDA Recognizes Iowa for the Summer Food Service Program (SFSP)

This past summer 705,817 lunches were served, representing a 15% increase over 2013. USDA has an initiative to ensure that all children have access to safe and nutritious food throughout the year and are impressed with Iowa's efforts in the SFSP. Stephanie Dross, SFSP consultant gives the credit to the hard work and innovation of SFSP sponsors across the state. THANK YOU!

The Summer Meal Program provides nutritious meals and snacks to children in low-income areas during the summer months. It's not too late to begin planning for summer 2015! For more information, contact Stephanie at stephanie.dross@iowa.gov.



How to Add Physical Activity to the School Day Webinar

The National Action for Healthy Kids' office is holding a webinar as part of their parent leadership series on January 14th from 2:00 - 3:15pm. The webinar will highlight the many opportunities for physical activity during the school day. How can parents help promote and support more movement in the classroom, on the playground and beyond? Join Action for Healthy Kids and Let's Move Active Schools, for ideas! [Click here.](#)



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